



## ***Growing Healthy Kids Columbus***

**VISION:** *Columbus is a community in which all children live in a smoke-free environment, have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

### **Minutes**

April 24, 2018 10:00am - 11:30am Columbus Public Health, 119C

### **Attendance**

<b>Organization</b>	<b>Member</b>
Action for Children (ACF)	Dan Ntontolo
American Heart Association (AHA)	Lory Winland
Children's Hunger Alliance (CHA)	Michelle Hoffman
Columbus City Schools (CCS)	Carolyn Bernard
Columbus City Schools (CCS)	Seneca Bing
Columbus City Schools (CCS)	Lisa German
Columbus City Schools (CCS)	Gherima Woldemariam
CPH- Primary One Health	Deani Deskins
CPH – Access to Care	Emily Fisher
CPH – CDC PHAP, Chronic Disease Prevention	Lyana Delgado
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Growing Healthy Kids Columbus	Ali Segna
CPH – Healthy Children Healthy Weights	Claudette Bailey
CPH – Healthy Children Healthy Weights	Hannah Bills
CPH – Healthy Children Healthy Weights	Alyssa Dorsey
CPH – Healthy Children Healthy Weights	Allison Labyk
CPH – Office of Minority Health	Jesus Ovalle
Franklin County Public Health (FCPH)	Kristin Peters
Local Matters	Tori Strickland
Moms2B	Lydia Burney

#### **STEERING COMMITTEE MEMBERS:**

Carolyn Bernard, Columbus City Schools  
Megan Gorby, Nationwide Children's Hospital  
Mark Haynes, Children's Hunger Alliance  
Ali Segna, Columbus Public Health  
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension  
Dawn Sweet, Franklin County WIC  
Hannah Bills, Columbus Public Health  
Rebecca Wade-Mdivanian, Ohio State University Life Sports  
Maria Villareal, CDCFC Head Start  
Matthew Yannie, United Way of Central Ohio

Mount Carmel Health (MCHS)	Kate Whitman
Nationwide Children's Hospital – Center for Healthy Weight and Nutrition	Megan Rose
OSU – Extension	Carol Smathers
OSU – Extension Franklin County	Lindsay Bean
OSU – Extension Franklin County	Jenny Lobb
OSU – The James	Bibiana Bishop
OSU – The James	Ekram Ali
YMCA – Early Head Start	Bobbi Shannon

### 10:00am – 10:30am Member Introductions and Program Updates

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

Partner/Organization	Program Updates
Ali/GHKC/CPH	Will be sending outlook invites for the remaining meetings in 2018. Save the date for September 25, Program to Policy training from ChangeLabs (all day training at CPH). May 22 <sup>nd</sup> GHKC meeting in Board Room. Looking for produce/recipe cards for produce drop offs at Rec and Parks. Purdue has good produce cards (Seasonal and Simple).
Alyssa/HCHW/CPH	Soft release of OHP online trainings in the next few weeks. End of May it will be released statewide. Hosted a table on target marketing at YMCA Healthy Kids Day event at Grange Audubon Park.
Jenny/OSU	Family night for Columbus Early Learning Centers, healthy selfie stations, raffled off crock pot and blender.
Lydia/Moms2B	Hiring lots of new people. Received preliminary results for research being conducted for program effectiveness (2010-2015). Waiting for one more year of data. Matched moms in age, race, SES between moms in program and franklin county, effective in reducing infant mortality and pre-term births.
Elise/PHAP/CPH	Finishing up student travel tallies, to and from school (including pre-K). Working on scheduling bike rodeos for the spring, most events scheduled (about 20 through the summer). 2 balance bikes for younger (preschool age) bicyclists to practice gross motor skills.
Hannah/HCHW/CPH	Poster on GHKC work will be presented at the Ohio Academy of Dietetics conference on May 11. Will be attended Farm to ECE Conference.
Dan/AFC	Work with fathers/expecting or children under 1. Provide resources for father bonding. Need funding for next year.
Lyana/PHAP/CPH	Target marketing presentations for youth and minority health tabling events.

Jesus/OMH/CPH	Wrapping up the Minority Health month and having the Minority Health Advisory Board meeting on May 8 <sup>th</sup> .
Bobbi/YMCA	Healthy Kids Day this past Saturday, having funding for summer program. Family fun factory (imagination playground, adding a variety of small activities for kids, corporate events (adults)).
Carol/OSU	Family and Consumer Sciences (ECE Team of statewide specialists and educators). Awarded National Culture of Health Priester Award, requested photos of our coalition and will be taking them throughout today's meeting. Farm to Cafeteria Conference happens this week, 925 people registered (140 in Ohio).
Kristin/FCPH	Will be presenting in Farm to Cafeteria Conference about Ohio Days. Assisting White Hall city schools (6 purchased) gardens. CSA this summer (Yellowbird food shed, up to 15 families can participate weekly, pay \$15 and will get matched \$15).
Lory/AHA	Spring Advocacy Day, Strobe Bill. Take time to educate legislators on tobacco. Tobacco use prevention cessation, Akron passed Tobacco 21. Worthington will pass next month. Westerville will pass in June. Grove City has interest. Healthy Vending Campaign, working with real-estate division and city of Columbus. Engage employees and decision makers. Have done one taste test will be completing more. Discussions happening in Cleveland around default beverages on children's menus.
Michelle/CHA	Recruiting 3 new centers for Eat, Play, Grow (3-5 yr.) for the summer, finishing OHP with family care providers. Hosted session 2 and 3 this past month, about 40 or so, will be hosting one more next month from 3-4pm. Still looking to fill Cleveland position and Supervisor position in Columbus, require RD. Taste to Remember is next Thursday at 6pm. TA visit last week, posted material from session 2 and 3 in personal Facebook page with parents, specifically on the juice recommendations.
Carolyn/CCS	Thanked Hannah for GHKC slide updates for parent group presentation. 2 <sup>nd</sup> imagination playground was shipped out today, winding down for this year and getting ready for next year's registration for pre-K. Go online to CCS and get registered.
Claudette/HCHW/CPH	Going to Ohio Academy Nutrition conference, will be presenting on HCHW program. Last week kicked off challenge for personal health, promoting healthy living recommendations for employees. New focus this year is reaching for personal goals.
Deani/CPH	3-10 classroom presentations/week for dental group and also do SSB education for the kids.
Ekram/The James	Heavily involved in minority health month.
Bibiana/The James	Grant for National Food Network, program is 3 hours long. Looking for health nutrition education.
Megan/NCH	Recently published report for 2017 Early Childhood Wellness and Nutrition Symposium conference findings (includes GHKC), looking into doing another conference this year. National Association of Chronic Disease Directors, May 1 <sup>st</sup> will be presenting during the webinar, 4 stages of care, Primary Care Obesity Network.

Seneca/CCS	Working with Swid from Safe Routes to Schools and told to join coalition to bring the work to their schools.
Gherima/CCS	Parent access and empowerment with CCS, need to be aware of the resources that exist in the community.
Lisa/CCS	Working on CCS kindergarten orientation for kids in the fall. Healthy lunch initiative.
Tori/Local Matters	Provide education for kids and families on nutrition, policy work for kids' access.

### 10:30am – 10:40am Breaking News

Lyana Delgado

#### ***Restaurant Efforts: Panera***

- Panera became the first fast food chain to start posting calorie and sugar counts on the fountain machines.
- Panera Founder CEO Ronald Shaich told TheStreet, “People want real options and real transparency.” “We have dear friends at Pepsi, we respect them. We aren’t the food police. We are about providing choice.”
- Photo taken by Ali Segna from Panera on S. High St.
- <https://www.thestreet.com/story/14066505/1/panera-bread-just-sent-a-huge-message-to-all-soda-drinkers.html>
- Baltimore signs healthy kids’ meal bill. The legislation that the council unanimously passed and the [mayor signed today](#) will require restaurants to make water, seltzer, milk, or 100 percent fruit juice the default choices for kids’ meals.

#### ***The Community Guide: Gardening Interventions Increase Fruit and Veggie Consumption among Children***

- Community Preventive Services Task Force → recommends school-based gardening interventions in combination with nutrition education.
  - Sufficient evidence of effectiveness towards increasing children’s veggie consumption

#### ***CSPI Welcomes Bill to Improve Food Labeling***

- <https://cspinet.org/news/cspi-welcomes-bill-improve-food-labeling-20180411>
- Welcomes Food Labeling Modernization Act (FLMA) → provides roadmap to improve food labels, offering clear, useful info that will make healthy choices easier for all Americans.
- Single, standard, front-of-package nutrition labeling system to clearly distinguish between healthy and unhealthy foods.
- Must list percentages of “desirable ingredients” like whole grain or natural. More info to consumers about caffeine content and sesame allergen labeling.
- Requires “structure/function” claims to be reviewed by FDA (i.e. helps build strong bones). Needs to include phosphorus as an ingredient if it is in item since it increases serious health risks for people

#### ***Significant % of Deaths Associated with Inadequate PA***

- [https://www.cdc.gov/pcd/issues/2018/17\\_0354.htm](https://www.cdc.gov/pcd/issues/2018/17_0354.htm)
- [https://www.voicesactioncenter.org/new\\_study\\_significant\\_percentage\\_of\\_deaths\\_associated\\_with\\_inadequate\\_physical\\_activity?utm\\_campaign=it\\_apr\\_05\\_18&utm\\_medium=email&utm\\_source=voicesactioncenter](https://www.voicesactioncenter.org/new_study_significant_percentage_of_deaths_associated_with_inadequate_physical_activity?utm_campaign=it_apr_05_18&utm_medium=email&utm_source=voicesactioncenter)
- Gathered data from NHIS for adults aged 25 yrs. and older 1990-1991 deaths. 19,000 deaths. Significant for adults 40-69 (9.9%) and 70+ (7.8%) inactive adults had an increased risk of premature death compared with sufficiently active adults. Overall, 8.3% of deaths in nondisabled adults 25 or older were attributed to inadequate levels of physical activity.

- A significant portion of deaths was attributed to inadequate levels of physical activity. Increasing adults' physical activity levels to meet current guidelines is likely one way to reduce the risk of premature death in the United States (less than 150 min/week)
- Increasing adults' physical activity levels to meet guidelines and *Healthy People 2020* objectives is a way to reduce the risk of premature death in the United States.

### ***Saturday Night Live: Sprite Ad***

- <https://www.youtube.com/watch?v=hzMzFGgmQOc>
- 4:36-5:03

### **10:40am – 10:55am Update on TA Plan from ChangeLab**

All

Two deliverables:

1. Strategies to address target marketing in Columbus, OH, including a policy menu
2. Deliver an in-person Program to Policy Training
  - a. What would you want to learn? (group discussion):
    - i. Buy in for organizations so that healthy vending options are made available.
    - ii. What can I do and say/politically to have these conversations?
    - iii. CHC worksite wellness – many small businesses do not have policies.
    - iv. Audience: organizational leaders, staff with invested interest, advocacy leaders
    - v. How to create an overarching policy that will benefit the organization and not create more regulations to follow.
      1. Put it in a positive way
      2. What's the benefit
      3. How do we make it work for everyone
    - vi. Different ways organizations can get involved with advocacy (lobbying, support)

ChangeLabs brought together a deliberation group (Academy of Medicine, New York) to potentially discuss individuals' willingness/interest in conducting a public deliberation around policies of obesity prevention for young children.

### **10:55am – 11:00am Activity Break**

All

### **11:00am – 11:30am Local Matters Cooking Demonstrations**

Tori Strickland

Provided a Cooking Demo as part of the services they offer.

- Utilize a meet you where you are type of education, provide demos at food drops, community events. Whole food cooking on a budget and within season. Utilize more plant based demonstrations (diversify protein options and increase fruit and vegetables intake).
- Currently looking for partners to conduct the trainings throughout Columbus.
- To connect with Local Matters on their programs and services contact Tori Strickland: [tstrickland@local-matters.org](mailto:tstrickland@local-matters.org)

**Next Meeting:** May 22, 2018 10:00am-11:30am Columbus Public Health, Board Room (second floor).